



# *Discover your Raleigh Parks and Recreation Department*

## Art

### **Adult**

#### **Saturday Sewing: For Beginners**

Age: 18yrs. and up. Sewing lessons for beginners that want to learn how to read a pattern, select fabric and knowledge of sewing machines. Class cost does not include material Course Fee: \$30

<b>Saturday</b>	<b>September 15-October 6</b>	<b>12:00 PM-1:00 PM</b>	<b>129149</b>
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#### **Sewing: 101**

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing required. Class cost does not include materials. Course Fee: \$40

<b>Saturday</b>	<b>October 20-November 10</b>	<b>11:00 AM-1:00 PM</b>	<b>129138</b>
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## Athletic

### **Teen**

#### **Biltmore Hills Holiday Teen Tournament**

This competitive tournament is to keep your team in shape and basketball ready over the holiday break. Games will take place all day between 10:00am and 9:00pm. Registration is December 1st-16th.

Course Fee: \$15 per player or \$150 per team

<b>Wednesday-Friday</b>	<b>December 26-28</b>	<b>11:00 AM-9:00 PM</b>	<b>(15U) 129081</b>
<b>Wednesday-Friday</b>	<b>December 26-28</b>	<b>11:00 AM-9:00 PM</b>	<b>(13U) 129083</b>
<b>Wednesday-Friday</b>	<b>December 26-28</b>	<b>11:00 AM-9:00 PM</b>	<b>(11U) 129085</b>

### **Adult**

#### **Biltmore Hills Holiday Adult Tournament**

This tournament is for the adults that would like to play with friends and family that are in town for the holiday season. Registration will be December 1-15. Course Fee: \$15 per player or \$150 per team

<b>Wednesday -Friday</b>	<b>December 26-28</b>	<b>5:00 PM-9:00 PM</b>	<b>129080</b>
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**Fitness**
**Adult**
**Exercise - Weight Room/Fitness Centers**

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Course Fee: \$10 per month

<b>Daily</b>	<b>September</b>	<b>Center Hours</b>	<b>132239</b>
<b>Daily</b>	<b>October</b>	<b>Center Hours</b>	<b>132240</b>
<b>Daily</b>	<b>November</b>	<b>Center Hours</b>	<b>132241</b>
<b>Daily</b>	<b>December</b>	<b>Center Hours</b>	<b>132242</b>

**Zumba at Biltmore Hills**

Age: 14yrs. and up. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We offer class on Thursdays. There are also payment options for your convenience, \$5 per session or \$20 per month.

<b>Monthly</b>	<b>September</b>	<b>6:00 PM-7:00 PM</b>	<b>129099</b>
<b>Monthly</b>	<b>October</b>	<b>6:00 PM-7:00 PM</b>	<b>129100</b>
<b>Monthly</b>	<b>November</b>	<b>6:00 PM-7:00 PM</b>	<b>129101</b>
<b>Monthly</b>	<b>December</b>	<b>6:00 PM-7:00 PM</b>	<b>129102</b>

<b>Thursday</b>	<b>September 6</b>	<b>6:00 PM-7:00 PM</b>	<b>129103</b>
<b>Thursday</b>	<b>September 13</b>	<b>6:00 PM-7:00 PM</b>	<b>129104</b>
<b>Thursday</b>	<b>September 20</b>	<b>6:00 PM-7:00 PM</b>	<b>129105</b>
<b>Thursday</b>	<b>September 27</b>	<b>6:00 PM-7:00 PM</b>	<b>129106</b>
<b>Thursday</b>	<b>October 4</b>	<b>6:00 PM-7:00 PM</b>	<b>129107</b>
<b>Thursday</b>	<b>October 11</b>	<b>6:00 PM-7:00 PM</b>	<b>129108</b>
<b>Thursday</b>	<b>October 18</b>	<b>6:00 PM-7:00 PM</b>	<b>129109</b>
<b>Thursday</b>	<b>October 25</b>	<b>6:00 PM-7:00 PM</b>	<b>129110</b>
<b>Thursday</b>	<b>November 1</b>	<b>6:00 PM-7:00 PM</b>	<b>129111</b>
<b>Thursday</b>	<b>November 8</b>	<b>6:00 PM-7:00 PM</b>	<b>129112</b>
<b>Thursday</b>	<b>November 15</b>	<b>6:00 PM-7:00 PM</b>	<b>129113</b>
<b>Thursday</b>	<b>November 29</b>	<b>6:00 PM-7:00 PM</b>	<b>129114</b>
<b>Thursday</b>	<b>December 6</b>	<b>6:00 PM-7:00 PM</b>	<b>129115</b>
<b>Thursday</b>	<b>December 13</b>	<b>6:00 PM-7:00 PM</b>	<b>129116</b>
<b>Thursday</b>	<b>December 20</b>	<b>6:00 PM-7:00 PM</b>	<b>129117</b>
<b>Thursday</b>	<b>December 27</b>	<b>6:00 PM-7:00 PM</b>	<b>129118</b>

**Family**
**Tae Kwon Do - Beginners**

Age: 5yrs. and up. Marital arts course where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes taught by Sensei Thomas Jarrett. Course Fee: \$35 per month.

<b>Monday &amp; Wednesday</b>	<b>September</b>	<b>6:00 PM-7:30 PM</b>	<b>129150</b>
<b>Monday &amp; Wednesday</b>	<b>October</b>	<b>6:00 PM-7:30 PM</b>	<b>129151</b>
<b>Monday &amp; Wednesday</b>	<b>November</b>	<b>6:00 PM-7:30 PM</b>	<b>129152</b>
<b>Monday &amp; Wednesday</b>	<b>December</b>	<b>6:00 PM-7:30 PM</b>	<b>129153</b>

**Social****Preschool****Toddler Open Gym**

Age: 2-5 yrs. Come out and use our Gym! Time designated is especially reserved for children ages 2-5.

**Wednesdays                      September 5-December 19                      11:00 AM-12:00 PM                      129255**

**Senior****Pokeno**

Come out and play the Pokeno card game with seasoned veterans. For more information call Biltmore Hills at (919)831-6895.

**Thursdays                      September 6-December 20                      12:00 PM-3:00 PM                      129204**

**Sports****Youth****Tennis Jr. Level 1**

Age: 6-18 yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. Course Fee: \$96

**Tuesday & Thursday                      October 23-December 6                      4:30 PM-5:30 PM                      130792**

**Adult****Tennis - Free play for adults**

Age: 18yrs. and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Biltmore Hills Community Center

**Tuesday & Thursday                      September 4-December 27                      6:30 PM-9:00 PM                      130942**

**Tennis Adult Level 1**

Age: 18yrs. and up. No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. Course Fee: \$96

**Tuesday & Thursday                      October 23-December 6                      5:30 PM-6:30 PM                      130890**